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WHAT IS CLAIMED IS:

1. A method of forming fins for a double-gate fin field effect transistor (FinFET), comprising:

forming a second layer of semi-conducting material over a first layer of semi-conducting material;

forming double caps in the second layer of semi-conducting material;

forming spacers adjacent sides of each of the double caps;

forming double fins in the first layer of semi-conducting material beneath the double caps; and

thinning the double fins to produce narrow double fins.

- 2. The method of claim 1, wherein thinning the double fins comprises: thermally oxidating the double fins.
- 3. The method of claim 1, wherein the second layer of semi-conducting material comprises Si_3N_4 .
- 4. The method of claim 1, wherein the first layer of semi-conducting material comprises silicon.
- 5. The method of claim 1, wherein each of the double caps comprises a rectangular cross-section with a width ranging from about 50 Å to about 500 Å.
- 6. The method of claim 1, wherein forming the spacers comprises: depositing and etching an oxide material.

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- 7. The method of claim 6, wherein the oxide material comprises at least one of SiO and SiO₂.
- 8. The method of claim 6, further comprising: removing the spacers subsequent to thinning the double fins.
- 9. The method of claim 1, wherein forming the double fins comprises:

 etching the first layer of semi-conducting material such that each of the double fins

 comprises a rectangular cross-section with a width ranging from about 50 Å to about 500 Å.
- 10. The method of claim 1, wherein each of the narrow double fins comprises a thickness ranging from about 100 Å to about 1000 Å.
- 11. The method of claim 1, wherein forming the double caps comprises: etching the second layer of semi-conducting material.
- 12. The method of claim 1, further comprising:
 forming the first layer of semi-conducting material over a buried oxide layer.
- 13. The method of claim 12, wherein forming the first layer comprises:

 depositing the first layer of semi-conducting material over the buried oxide layer.
- 14. A method of forming fins for a double-gate fin field effect transistor (FinFET), comprising:

depositing a silicon layer over a buried oxide layer;

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depositing a Si₃N₄ layer over the silicon layer;

etching the Si_3N_4 layer to form double caps, wherein each of the double caps comprises a rectangular cross-section with a width ranging from about 50 Å to about 500 Å;

depositing and etching an oxide material to form spacers adjacent sides of each of the double caps, wherein the oxide material comprises at least one of SiO and SiO₂;

etching the silicon layer to form fins beneath each of the double caps; and

thermally oxidating the fins to thin the fins so as to produce narrow fins, wherein each of the narrow fins comprises a thickness ranging from about 100 Å to about 1000 Å.